

## Holiday Buddy Challenge

The purpose of the Holiday Fitness Buddy Challenge is to promote, encourage and support participants in establishing and maintaining a healthy weight-loss and exercise program that demonstrates a healthy and active lifestyle.





Dream Achievers Enrika Aispuro & Roxana Callaway



Choose to Lose Veronica Ceda & Georgett Munoz



Sisters Luz Gandara

WHEN WE TRY TO EXERCISE ALONE WE CAN FEEL ISOLATED AND UNINSPIRED; TOGETER WE CAN ACHIEVE OUR FITNESS GOALS.

Biggest Transformations:

Yancey Garner Yanine Cortez

